

Shake

拍數: 32 牆數: 4 級數: Improver
編舞者: Lyra (USA) - October 2016
音樂: Shake - Funkocity



SHAKE, SHAKE, DROP IT DOWN, SHAKE IT UP

- 1-2-3-4 Stand With Feet Shoulder Width Apart, Knees Bent, Shake Hips, Hands in Circular Motions
(Hands In Front, Palms Down, At Waist)
5-6 Slap Thighs, Go Down To Sitting Position (Shake Hips) Hold Pose (Shake Hips)
7-8 Shake Hips, Bring Body Up To Original Position

HOP JUMP, ROLL HIPS, HOP JUMP, ROLL HIPS

- & Hop Feet Together
1 Jump Out
2-3-4 Roll Hips Around
& Hop Feet Together
5 Jump Out
6-7-8 Roll Hips Around

STEP FORWARD, TOE - HEEL, SHIMMY SHOULDERS

- 1 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
2 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
3 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
4 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
5 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
6 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
7 Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
8 Drop Right Heel Down, Arms Out, Bring Right Shoulder Back

TWIST BACK, TWIST TURN, 1/4 TURN TO LEFT

- 1 Twist Feet In, Left Step Back
2 Twist Feet Out
3 Twist Feet In, Left Step Back
4 Twist Feet Out
5-6 Step Right – Step Left, Twist To Left
7-8 Step Right – Step Left, Twist To Left

Start Over

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